CALGARY CALGARY R NEWS WORTH SHARING.



Science behind an out-of-body experience

University of Ottawa researchers take close look at woman's brain PAGE 10

FROM SKINNY JEANS TO TALKING GOALIE SCREENS

GEORGE STROUMBOULOPOULOS
OFFICIALLY NAMED HOST OF HOCKEY
NIGHT IN CANADA, BUT RON AND
DON ARE STICKING AROUND PAGE 26







WINNING IN SOCHI

Calgary-native Brian McKeever crosses the finish line to win the men's visually impaired 20-kilometre race at the 2014 Paralympic Winter Games in Sochi, Russia, on Monday. Story, page 24.

SCOTT GRANT/CANADIAN PARALYMPIC COMMITTEE

'Creature hunting' alarms police

On police radar.

Spokesman says officers are reviewing 'disturbing' website, but have yet to find anything illegal



ROBSON FLETCHER

Calling their activity "creature hunting," a growing number of Calgarians have been posting humiliating images of street people online, raising concern among homeless advocates and the police.

A Facebook group named 'Creature Sightings' was 200-members strong as of Monday, and featured dozens of images of people apparently drunk, passed out, urinating, or otherwise behaving in odd and embarrassing ways in public.

In some videos, the people behind the camera accost

their subjects and openly mock their disability or race.

"I think it's just shameful that you see it in Calgary," said Tim Richter, president of the Canadian Alliance to End Homelessness, after reviewing the website.

"I expect better of people here."

Members of the page, however, say their only goals are to have some fun highlighting the kind of embarrassing public behaviour they, themselves, have engaged in, in the

"I have been a creature before," said 'Pistol Young Cash,' a founder of the page, in an interview via Facebook chat.

'Cash' — who goes by that handle on Facebook and claims its his legal name, but couldn't verify it to Metro — said he started the group about a month ago and claims many participants try to help out their photography subjects by offering them money.

Members recently started "ranking" images based on how humiliating they are, he

added, with bonus points for things like "being drunk on Listerine."

To Richter, though, the page is no laughing matter.

He said the images remind him of a 2006 incident in which a group of young men filmed themselves assaulting a homeless man on a Calgary street, citing inspiration from the U.S. film series 'Bumfights'

While the 'Creature Sightings' page features no violence, Richter said "it's a slippery slope" toward something more serious.

"You begin with this degrading, idiotic crap where you start treating people less than human," he said. "It's not a stretch to make that other step."

On the web

 For more on this story and to see images from the page, visit metronews.ca

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Mayor gets on board with 'walking school bus' plan

Initiative. Approach would see certain points surrounding schools designated as drop-off areas



Calgary's mayor says keeping family vehicles a few blocks from city schools could both ease dangerous congestion issues before and after the bell rings and also promote

healthier lifestyles. Mayor Naheed Nenshi told Metro on Monday that he's begun initial talks with city school boards and hopes to have details firmed up later this year for what some parent groups have described as a "walking school bus" approach.

If adopted, the initiative would see certain points in the greater community surrounding a school designated as drop-off points — in other jurisdictions, the sites have been typically monitored by parent volunteers. Students can then head in for classes as a group.

Nenshi said an experience shared by his own sister, who initially hoped to drive her daughter to and from school, helped steer his thinking on the matter.

"The principal said, 'You know what, take the bus, because you're taking your life into your own hands if you do the drop-off and pickup

To see a video of Mayor Naheed Nenshi talking school-zone safety while in Toronto last month, head to metronews.ca.

here," Nenshi explained.

The mayor also said he's been informed by officials with major athletic brand Nike that child obesity has become so prevalent that this generation's kids have a lower life-expectancy than their parents — a startling outlook not seen since the Industrial Revolution.

"I'd like to go back to the root causes, which are: Why are so many people driving?" Nenshi said.

The mayor's thinking was welcomed by Karen Lloyd, president of the Calgary Association of Parents and School Councils. She's also worked actively with a group of parents at Sam Livingston school to increase traffic safety around schools — the group's efforts were a major driver in leading Alberta Transportation to announce pro-safety plans to sync playground and school-zone times in the near

Lloyd said she's made an effort to park away from her daughter's school and then walk in with her.

"It decreases some of your flipping the bird and illegal U-turns because now they feel like parking further away from the school is a good thing rather an annoyance,"



Mayor Naheed Nenshi says moving school drop-off zones a few blocks from city schools could not only improve morning and afternoon gridlock in the area, but provide kids a measure of healthy living by having them walk the rest of the way to school. METRO FILE

The issue of school drop-off safety is not specific to Calgary, either: Edmonton police

recently announced they will be setting up cameras along certain school-adjacent routes and then reviewing the footage for traffic infractions committed by parents dropping off and picking up their little



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Underground CTrain gets top marks in Green Line report

Tough debates ahead.

Calgary Transit planner says underground lines cost 10 times as much

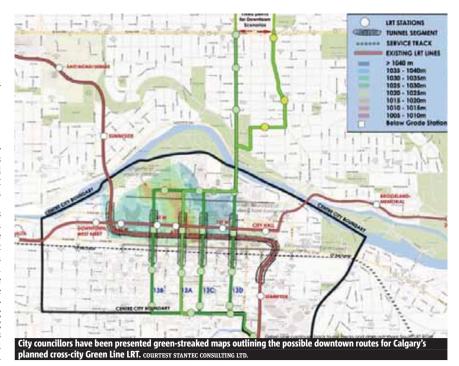


Tunnelling under the downtown core is being hailed as a top option in plans to build and connect Calgary's next CTrain lines, according to a new report.

This week, city councillors will preside over a report on different ways to bridge the north-central and southeast legs of a future cross-town LRT known as the Green Line.

The highest-ranked route in the report — albeit one of the priciest — sees underground rail service starting at 16th Avenue N. Moving south, it eventually meets 2nd Street S.W. around Eau Claire and carries on through the core to the CP Rail train tracks.

William Hamilton, with advocacy group TransitCamp YYC, sided with calls for the downtown portion to be buried below grade to avoid big-time traffic complications.



"The moment you turn the Green Line to a north-south axis through the city centre, you have to run it underground," Hamilton said, noting the low-floor-style train cars are too long to sync up

with traffic lights.

He did admit that "lightrail tunnels do not, however, come cheaply."

As a general rule, Calgary Transit planner Jon Lea said constructing underground rail tunnels costs 10 times more than street-level lines.

Lea noted there could be other hurdles in going underground, including utility hazards, soil conditions and flood-related fears. "Everything is a challenge," he said. "Especially building an LRT in existing communities in centre city and downtown."

Some of the alternative LRT alignments pitched in the report by Edmonton-based consultants, such as meandering routes further west through the Beltline, were shot down earlier in the process in favour of lines geared toward moving more people in and out of the core.

A city committee will review the update this week. Further consultations are planned for late April or May.

Until now, debate on the upper half of the Green Line has mostly raged over picking a north-south corridor from Beddington Trail to 16th Avenue N. However, planners have now narrowed the options to Edmonton Trail or Centre Street.

That was the "big decision" up for discussion this week for Ward 9 Coun. Gian-Carlo Carra, who applauded the move to put public transit closer to where people live and away from previous plans around Nose Creek.

"We're trying to create a new transit rider who uses transit on a daily basis," Carra

Option

A city council committee will be updated on options to run the Green Line LRT through downtown. Here asome snippets from the technical report done by Stantec Consulting Ltd.

- Option 1. Underground service from 16th Avenue. The alignment turns slightly to the west as it moves south, until it lines up with 2nd Street S.W. around Eau Claire, from which it proceeds southeast. The Edmonton Trail option tunnels toward the Centre Street Bridge area where it joins the alignment to the southeast.
- Options 3 and 10 to 10th Avenue. After crossing the Bow River, the options turn south along 3rd Street, 2nd Street, 1st Street or Centre Street to join the S.E. alignment. All options show some form of tunnel between 6th Avenue S.W. and 10th Avenue S.W. to dodge current LRT.
- Options 4 and 6 to 17th
 Avenue. The north-central
 part of the Green Line
 travels west through
 downtown along 3rd or
 4th Avenue S.W. then travels south to 17th Avenue
 at 4th Street, 6th Street
 or 8th Street. At 17th
 Avenue the line heads
 east to Stampede Station.
 The S.E. Green Line moves
 westward to 3rd or 4th
 Street to move northward
 to the Eau Claire area.
- Options 11 and 12 to 12th Avenue. These variations aim at connecting the Beltline area via 12th Avenue S.W. Alignments 11, 12A and 12B turn west on 4th Avenue S.W. then south on 4th Street or 6th Street. Option 12C stays on Centre Street, while 12D is the only option that travels through the East Village.
- Option 13 to 17th Avenue. This set of options connects the Beltline via 3rd Avenue S.W. and the connecting streets that line up with 7th Avenue LRT stations. From 17th Avenue, the alignment moves south along the edge of the Stampede Grounds until it can rejoin the S.E. alignment. This group skirts Ramsay and Inglewood in favour of connecting to the Beltline, Stampede and the South LRT line. Tunnels separate the various LRT lines and rail lines to avoid similar level-grade

metronews.ca
Tuesday, March 11, 2014

NEWS
05

Councillor wants answers in Gas Plus cleanup

Provincial order. Owner says remediation work '99 per cent done'

City officials are hoping to bend the ear of Alberta's environment minister in order to speed along remediation efforts at the site of a massive fuel leak nearly four years ago.

Roughly 9,000 litres of fuel

leaked into the soil beneath the Gas Plus location along Bowness Road NW in mid-2010. Harmful hydrocarbons emanating from the leak led health officials to declare three homes along nearby Bow Crescent unfit for habitation.

In January 2012, then-provincial environment minister Diana McQueen issued an order to Gas Plus owner Sal Handel to begin remediation efforts. Residents told Metro in November

they were being kept in the dark about when that work would be completed and feared for the value of their homes.

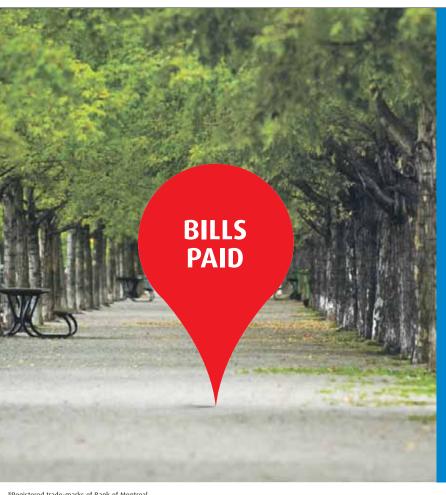
Coun. Ward Sutherland said Monday said he's put in a request with the backing of Mayor Naheed Nenshi to meet with current Environment Minister Robin Campbell.

"We're trying to put as much pressure from a municipal level as we can but, really, the cleanup is provincial," Sutherland said

But Handel offered a different account of his efforts to return the leak site to tip-top shape. "Really, the work is 99 per cent done," Handel said, adding, "at this point ... it's self-remediating. It's a small amount of hydrocarbons in the water table ... the problem is doing nothing isn't good enough for Alberta Environment, they wanted it done sooner."

JEREMY NOLAIS/METRO





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Calgary Transit en route to fare raises, discount cuts?

Calgary Transit was given the green light Monday to proceed with a fare review that could see casual riders pay more and frequent riders receive smaller discounts in the near future.

City council approved a revised "funding philosophy" that Mayor Naheed Nenshi said is particularly important now that the city is well over 1 million

Public consultations

Transit officials will now conduct public consultation and report back to members of council in June.

residents and is in growing need of "outstanding transit" The revision would likely see the price of seniors' passes rise — possibly quite sharply.

Coun. Peter Demong expressed concern about that possibility, and noted the "social obligation" and "moral responsibility" to ensure seniors have "easy access to activities outside the house."

ROBSON FLETCHER/METRO

Warming up

City handles flood of water calls

Additional crews have been brought on by the city to help clear frozen catch basins and to deal with pooling water after warm weather has brought on a deluge of complaints.

Since Friday the city had fielded 1,200 calls related to the snow melt and they are dealing with them in priority, handling property damage calls first.

METRO

Stabbing. Second man charged in weekend death

Police have laid charges against a second man in connection with a weekend stabbing death.

Juliano Crawford-Vieira, 17, died after being stabbed at a house party in the 11400 block of Braniff Green SW.

A friend of the victim said over the weekend his last words were "I don't want to

On Sunday night, police announced 18-year-old Ro-

land Smith had been charged with one count each of second-degree murder and attempted murder.

On Monday, a second man, 19-year-old Trent Guy Hynne, was charged with the same

Vieira was declared dead on arrival at a city hospital.

Another friend of his was also stabbed but is expected to recover.

METER

Laurie Hawn

Veteran Tory MP won't seek re-election

A veteran Conservative MP from Edmonton says he won't seek re-election. Laurie Hawn says he will continue serving the Edmonton Centre riding until October 2015 and then retire from politics.

Hawn, who is 66, says he wants to spend more time with his family. The former Royal Canadian Air Force fighter pilot has represented the constituency since 2006.

THE CANADIAN PRESS

Appeal

New trial for man convicted in gangrelated slaying

The Alberta Court of Appeal has ordered a new trial for a man convicted of first-degree murder in a gang-related slaying.

Christopher Fleig was found guilty of orchestrating the shooting death of Brandon Prevey in 2009. Prevey, who was a known criminal in Edmonton and Red Deer, was hit by seven of 15 rounds that peppered a car he was in on a Red Deer street. The Crown argued that Fleig gave the murder weapon to the shooter and instructed him to kill Prevey. THE CANADIAN PRESS

McHugh House

Relocation deadline extended

The city will conduct a competitive bidding process to move the historic McHugh House after agreeing to an extension of the relocation deadline with the Roman Catholic Diocese of Calgary.

At the Feb. 24 meeting of council, councillors voted to approve up to \$450,000 for the move from 110-18 Ave SW to 17 Ave and Centre St SE. The decision allows the city's sixth-oldest home, a rare, intact example of Queen Anne revival style architecture, to escape the wrecking ball. "This extension shows how, collaboratively, we've come up with a win-win-win for Calgarians, the City, and the Diocese," said Mayor Naheed Nenshi. metro

Learning from Winnipeg's snow-clearing contracts

Report back. City staff to offer council recommendations in July on revising snowclearing operations

As Calgary looks to revamp its snow-clearing operations, a city councillor says the system that the City of Winnipeg has employed for the past quarter-century may hold some lessons.

Coun. Shane Keating said Winnipeg's approach to maintaining contracts with private equipment operators could be adapted to fit Calgary's needs and help "expand and contract" its effective snow-clearing fleet as needed throughout a given winter.

Winnipeg maintains nine snow-clearing contracts with private companies on a permanent basis, typically two-year terms, augmented by a system in which "contractors bid on Private contracts

27

The number of years the City of Winnipeg has been employing its system of contracting private snow-clearing and removal equipment, to have contractors available on short notice when needed.

providing snow removal and ice control equipment for each winter season," spokesperson Lisa Fraser told Metro.

Individual equipment units are each guaranteed 40 hours of work per month, Fraser said, in exchange for being available on short notice when needed.

The newest and top-performing units are kept at the top of the list, she added, and "there will also be a significant number of units listed further down that have no guarantees but can still be contacted for this type of work on an as-required basis."

The system has been in place since 1987, Fraser said.



Calgary's snow-clearing system is currently being reviewed, including the way the city interacts with private contractors to assist during heavy snowfalls, which were common this winter. METRO FILE

Calgary, by contrast, maintains one contract with a private company on a five-year basis and while it also maintains a list of "preferred vendors" for auxiliary support, the city doesn't guarantee them pay and they don't guarantee

availability.

"What happens is we would call them and hopefully they would be available to help us, but of course in some cases, they're not," city roads spokesperson Carissa Vescio said.

World Economic Forum

Official unsure forum will go ahead in 6 weeks

With six weeks to go before Alberta is to welcome global leaders at a World Economic Forum in Lake Louise, the minister in charge says he's not sure it will go ahead.

Cal Dallas, minister for intergovernmental relations, says the date has become fluid, but he says the event could still go ahead as planned on April 24 and 25.

The April dates were announced in January by Premier Alison Redford during her visit to another World Economic Forum event in Switzerland.

Dallas says the dates are subject to change to make sure all the delegates who want to attend can be accommodated.

The gathering is to present ideas on energy and environmental sustainability that will inform future World Economic Forum discussions.

THE CANADIAN PRESS



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Spinning wheels. Cycle track on 1 Street SE remains in limbo



A rendering of what the cycle track would look like. COURTESY CITY OF CALGARY

The fate of a proposed cycle track on 1 Street SE remains in limbo after city council voted Monday to kick the contentious matter back to a committee meeting next month.

Council voted 11-4 to refer the item to an April meeting of the city's transportation and transit committee, with several councillors saying more information is needed before making a decision.

Coun. Diane Colley-Urquhart, for example, said the city needs "more time, we have to drill down on the consequences of this and what it means in the long term."

She added that she suspects the \$3-million project
— which is part of a larger,
\$20-million plan for a centrecity cycle track network —
will be deferred again until
the November budget process.

But Mayor Naheed Nenshi said making the matter a budget item would take some extraordinary measures from council

"It won't be part of the budget automatically, because it's already been approved," he said of the funding for the cycle-track network. "Council approved it two years ago."

ROBSON FLETCHER/METRO





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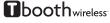
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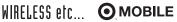
















South Sudan. Protesters denounce UN after weapons found in truck

Hundreds of young South Sudanese men marched in protest of the United Nations on Monday following the discovery of land mines inside a UN truck that was marked as carrying food.

The rally participants marched through the city and shouted slogans of support for President Salva Kiir while also denouncing Hilde Johnson, the top UN official in the country. Protesters accused Johnson of supplying arms to rebels fighting South Sudan's government.

"The transport of cargo of

Security report

An internal UN security situation report over the weekend said the government impounded 12 UN trucks.

general goods belonging to the Ghanaian battalion (was) on its way to Bentiu. Several containers were wrongly labelled and inadvertently contained weapons and ammunition," said UN spokeswoman Ariane Quentier. THE ASSOCIATED PRESS

Syria

Ordeal ends for abducted nuns

Syrian militants released a group of Greek Orthodox nuns Monday in exchange for dozens of women held in government prisons — a rare deal between Damascus and al-Qaida-linked

rebels that was mediated by Qatari and Lebanese officials.

The dramatic scene of the nuns being freed from vehicles in the dead of night along the Lebanese-Syrian border, bidding their captors a surprisingly friendly farewell, ended the women's three-month ordeal. THE ASSOCIATED PRESS

Russia to counter U.S. proposal for Ukraine

Geopolitical crisis.

Minister says nation in near state of war

Russia said Monday it is drafting counterproposals to a U.S. plan for a negotiated solution to the Ukraine crisis, denouncing the new Western-backed government as an unacceptable "fait accompli" and claiming that Russian-leaning parts of the country have been plunged into lawlessness.

The Kremlin moves came as Russian forces strengthened their control over Crimea, less than a week before the region is to hold a contentious referendum on whether to split off and become part of Russia.

In a televised briefing with President Vladimir Putin, Russian Foreign Minister Sergey Lavrov said proposals made by U.S. Secretary of State John Kerry are "not suitable" be-



Pro-Russian protesters, right, clash with Crimean Tatars in front of a local government building in Simferopol, Crimea, Ukraine, in this Feb. 26 photo. The arrival of Russian troops in Crimea has opened old wounds among the Crimean Tatars, who once again fear they will be unwelcome in their homeland. DARKO VOJINOVIC/THE ASSOCIATED PRESS

cause they take "the situation created by the coup as a starting point," referring to the ouster of Ukraine's pro-Kremlin president, Viktor Yanukovych.

Meanwhile, Ukraine's foreign minister said Monday that his country was practically in a state of war with Russia, whose forces have effectively taken control over the Crimean Peninsula in what has become Europe's greatest geopolitical crisis since the end of the Cold War.

"We have to admit that our life now is almost like ... a war," said Foreign Minister Andrii Deshchytsya. "We have to cope with an aggression that we do not understand."

Deshchytsya said Ukraine is counting on help from the West. Prime Minister Arseniy Yatsenyuk is to meet with President Barack Obama in Washington on Wednesday.

THE ASSOCIATED PRESS

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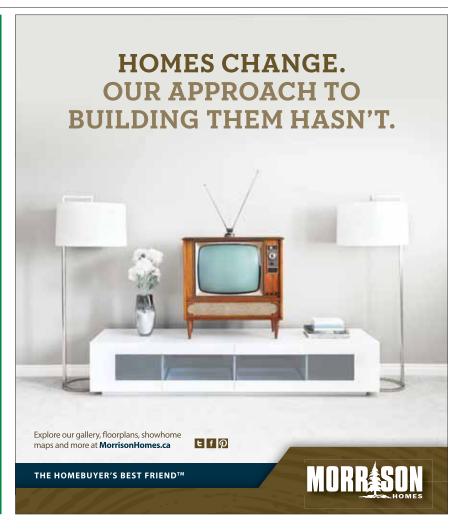
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teresting case, said Messier,

Out-of-body experience finds a safe landing pad in science

U of O. Researchers conducted a study on a woman who can voluntarily have an out-of-body experience



metr⊕

An out-of-body experience might sound like something from a paranormal movie or a religious cult, but a pair of researchers from the University of Ottawa have the science to back the curious case.

Claude Messier and Andra Smith conducted a study on a woman who can voluntarily have an out-of-body experience. It had become common practice for the 24-year-old, who said she started doing it when she was a child to help her fall asleep.

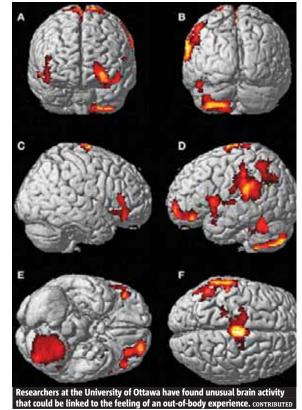
Messier and Smith conducted functional MRI scans of the woman while in this state and found that there's brain activity linked to the feeling of being lifted out of one's body or seeing one's body while outside of it. They had her imagine she was doing jumping jacks or roll over while in this out-of-body

Normally, when one imagines doing jumping jacks, both sides of the brain are active. But in this woman's out-of-body state, the scanned images showed activity predominately on the left side of the brain.

"That was a cue to us that we were just doing something different than just regular imagery," said Mess-

"It was a bit of a surprise and we certainly didn't expect anything special," he said, adding that they tested her twice. "We were a bit un-sure, skeptical, that this was actually happening."

This woman was an inbecause most people have



out-of-body experiences following a traumatic event or drug use. While typically frightening — especially for those experiencing them for the first time — this woman was able to do it on her own

Since this study was published, Messier said he's heard from other people who say they can voluntarily have out-of-body experiences. He's also seen blog articles that link this study to religion or paranormal activity, but he said those are misleading.

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience," he said.

Quoted

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-ofbody experience."

Claude Messier, a researcher at U of O

Research

Most people have out-ofbody experiences following a traumatic event or drug

These experiences are typically frightening especially for those experiencing them for the first time.

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metronews.ca Tuesday, March 11, 2014 NEWS 1



Bieber a no-show for first court date

Justin Bieber's lawyer Brian Greenspan talks to media outside court as Bieber fans look on in Toronto on Monday. The roughly two dozen Bieber fans were left heartbroken when the teen heartthrob did not show up for his first court date. The pop star faces assault charges relating to an alleged incident involving a limo driver in December of last year. CHRIS YOUNG/THE CANADIAN PRESS

Heroin a 'public health crisis.' First responders should carry antidote: U.S. attorney general

U.S. Attorney General Eric Holder on Monday called an increase in heroin-related deaths an "urgent and growing public health crisis" and said first responders should carry with them a drug that can reverse the effects of an overdose.

The video message posted on the Justice Department's website reflects the federal government's concern about the growing prevalence of heroin and prescription painkillers. The number of overdose deaths involving heroin increased by 45 per cent between 2006 and 2010, according to the White House Office of National Drug Control Policy.

"Addiction to heroin and other opiates, including certain prescription pain-killers, is impacting the lives of Americans in every state, in every region, and from every background and walk of life—and all too often, with deadly results," Holder said in the message.

His public support for an antidote that could be used to rescue overdosing drug users

Quoted

"Confronting this crisis will require a combination of enforcement and treatment. The Justice Department is committed to both."

U.S. Attorney General Eric Holder

mirrors the position of the White House drug policy office, which has also urged all first responders to have the medication on hand. At least 17 states, including Washington, D.C., allow naloxone—commonly known by the brand name Narcan—to be distributed to the public, and bills are pending in some states to increase access to it.

Advocates say Narcan, which comes in a spray and injectable form, has the potential to save many lives if administered within a certain window. But critics fear that making the antidote too accessible could encourage drug use.

THE ASSOCIATED PRESS

Barrie, Ont.

Mom arrested for allegedly getting child to steal

A woman is facing charges after allegedly distracting a cashier so her young child could steal items from a store. Police in Barrie say an eight-year-old was pushing a shopping cart loaded with \$1,500 worth of power tools out to a waiting taxi, while the mother was distracting store staff. Investigators say the woman was arrested and the child was sent home in the taxi.

THE CANADIAN PRESS

10.7 billion trips

Public transit booming in U.S.

Americans are boarding public buses, trains and subways in greater numbers than any time since the suburbs began booming. Nearly 10.7 billion trips in 2013, to be precise — the highest total since 1956, according to ridership data reported by transit systems nationally and released Monday by the American Public Transportation Association.

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Snowden speaks to 3,000 at SXSW tech conference



EHRBAR

Metro World News in Hollywood

NSA leaker Edward Snowden called for public oversight of U.S. intelligence programs during a web-streamed speech at SXSW Interactive Monday, one of the most anticipated segments of the technology conference.

Snowden, appearing remotely from Russia where he remains in exile, urged attendees to take more control over how the various intelligence agencies interact with citizens.

The speech marked the first time Snowden has addressed U.S. citizens directly since going into exile.

"South by Southwest and the tech community, the people in the room in Austin, they're the folks who can fix this," Snowden said. "We

Calling for change

"We need public oversight, some way for trusted public figures to advocate for us. We need a watchdog that watches Congress, because if we're not informed, we can't consent to these policies."

NSA leaker Edward Snowden, speaking in a web-streamed speech in Russia to SXSW attendees

I, BABUPRASAD Manoharan

son of Thiru D.Manoharan, born on 1st September 1981, residing at D306-3805 Marlborough Dr NE, Calgary, AB - T2A 5M4 shall henceforth be known as

BABU PRASAD

-Babuprasad Manoharan

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need public oversight, some way for trusted public figures to advocate for us. We need a watchdog that watches Congress, because if we're not informed, we can't consent to these policies."

When asked by an attendee if he had any regrets about his decision to leak classified NSA documents, Snowden replied that he would "absolutely" do it again.

"Regardless of what happens to me, this is something that we had the right to do," he said, a copy of the U.S. Constitution serving as his backdrop. "I took an oath to support and defend the Constitution. And I saw the Constitution was being violated on a massive scale."

While the speech drew generally positive responses from the crowd, it had been preceded by criticism and controversy, with Rep. Mike Pompeo urging the conference in an open letter to cancel the event, calling Snowden a traitor and common criminal.

Snowden's speech was viewed by 3,000 conference attendees filling the main auditorium at the Austin Convention Center. Two overflow rooms had been set up by the conference, with the speech also streamed live by the Texas Tribune.



Pistorius trial continues with graphic testimony

Pretoria. Amputee athlete vomits in courtroom as Reeva Steenkamp's gunshot wounds are described

Oscar Pistorius vomited in the dock and retched repeatedly and loudly at his murder trial Monday as he heard graphic details of the injuries sustained by the girlfriend he shot, including a head wound that was probably instantly fatal, according to the pathologist who performed her autopsy.

Reeva Steenkamp was shot with bullets designed to expand on impact and cause maximum damage, Prof. Gert Saayman testified after he identified the type of bullet from fragments in Steenkamp's skull.

Saayman said that each of the three main gunshot wounds Steenkamp suffered could have been fatal in isolation.

There was another wound on one of Steenkamp's hands, Saayman said. Steenkamp, a model and personality on a television reality show, was wearing a pair of sports shorts with a Nike logo, a former sponsor of Pistorius, and a black undershirt when she was shot, he said.

Saayman also gave his expert opinion on how long before she died Steenkamp last ate, by the food contents in her stomach. He estimated that it wouldn't have been more than two hours before she died. That appeared to

contradict Pistorius's version that suggests the couple had eaten and were in bed by 10 p.m. Steenkamp was shot after 3 a.m.

Saayman's testimony was not broadcast or reported live on Twitter by journalists because of its explicit content under an order from Judge Thokozile Masipa. However, journalists were allowed to report the testimony without directly quoting the witness's words.

As the double-amputee runner, hunched over on a bench, vomited as he heard the description of Steenkamp's wounds, Masipa briefly halted the testimony to ask chief defence lawyer Barry Roux to attend to his client.

The judge also asked whether Pistorius was able to

understand the proceedings. Roux said Pistorius's reaction was not going to change. A bucket was placed at his feet.

After court adjourned for the day, Pistorius sat for a few minutes with his hands over his ears and his body heaving and bent forward as his brother held a hand on his back

Pistorius, the first amputee to run in the Olympics, is charged with premeditated murder for the shooting death of 29-year-old Steenkamp before dawn on Feb. 14, 2013.

Pistorius, 27, says the killing was accidental because he thought his girlfriend was a dangerous intruder when he shot her through the door of a toilet cubicle in his

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Travel agents questioned over stolen passports

Missing Malaysia Airlines plane. Search effort widened to find the vanished jet

Authorities questioned travel agents Monday at a beach resort in Thailand about two men who boarded the vanished Malaysia Airlines plane with stolen passports, part of a growing international investigation into what they were doing on the flight.

Nearly three days after the Boeing 777 with 239 people on board disappeared en route from Kuala Lumpur to Beijing, no debris has been seen in Southeast Asian waters.

passengers checked in for Flight MH370 didn't board the plane, and their luggage was removed from it, Malaysian authorities said. Malaysian Transport Minister Hishammuddin Hussein said this also was being investigated, but he didn't say whether this was suspicious.

The search effort, involving at least 34 aircraft and 40 ships from several countries, was being widened to a 185-kilometre radius from the point the plane vanished from radar screens between Malaysia and Vietnam early Saturday with no distress signal.

Possible causes of the apparent crash include an explosion, catastrophic engine fail-ure, terrorist attack, extreme turbulence, pilot error or even suicide, according to experts, many of whom cautioned against speculation because so little is known.

THE ASSOCIATED PRESS

- Two of the passengers were travelling on passports stolen in Thailand and had onward tickets to Europe, but it's not known whether the two men had anything to do with the plane's disappearance.
- The stolen passports, one belonging to Christian Kozel of Austria and the other to Luigi Maraldi of Italy, were entered into Interpol's database after they were taken in Thailand in 2012 and 2013, according to police.





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Black Twitter gains followers online and IRL

Trending. The modern twist on the barbershop 'brings the fullness of black humanity into the social network'

When a U.S. jury convicted Michael Dunn of attempted murder, but not actual murder, in the shooting death of a black teenager, the hashtag #dangerousblackkids popped up on Twitter. Users posted photos of black babies and toddlers, making fun of the fear that Dunn testified he felt before opening fire on a car full of teens at a convenience store.

That hashtag was the calling card of Black Twitter, a small corner of the social media giant



Black Twitter offers self-expression online, 140 characters at a time.

THE ASSOCIATED PRESS

where an unabashedly black spin on life gets served up in 140-character instalments.

Black Twitter shares opinions on everything from President Barack Obama to the

latest reality TV show. But Black Twitter can also turn activist quickly.

"Black Twitter brings the fullness of black humanity into the social network, and that is why it has become so fascinating," said Kimberly C. Ellis, who has a doctorate in American and Africana Studies, tweets as @drgoddess and is studying Black Twitter for her upcoming book, The Bombastic Brilliance of Black Twitter.

According to a Pew Research Center report, while similar numbers of blacks and whites use the Internet — 80 per cent and 87 per cent, respectively — 22 per cent of those blacks who were online used Twitter in 2013, compared with 16 per cent of online whites.

THE ASSOCIATED PRESS



Come to where the controversy is — Come to vapers country

A patron exhales vapour from an e-cigarette at the Henley Vaporium in New York City. The proprietors are peddling e-cigarettes to so-called "vapers," a growing movement of enthusiasts that now includes celebrity fans and YouTube gurus, online forums and vapefests around the world. In just eight years or so, the number of vapers has grown from a few thousand to millions, in large part because of the still-controversial belief that e-cigarettes are safer than tobacco. Frank Franklin ILTHE ASSOCIATED PRESS

Market Minute



Natural gas: \$4.66 US (+\$0.04) **Dow Jones:** 16,418.68 (-34.04)





GOLD \$1,341.50 (+\$3.30)

Peeling back profits

World has new top banana: Fyffes and Chiquita merge

Chiquita of the U.S. and Fyffes of Ireland have agreed to merge to create the world's biggest banana supplier. THE ASSOCIATED PRESS

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THERE SHOULDN'T BE AN APP FOR THAT

Are you a terrible boyfriend? Well guess what, now there's an app for that.

The newly released BroApp promises to deliver an automated message to your girlfriend once a day so you can spend more time with your "bros." That's right, digitally savvy dudes, you can now outsource your relationship to your cellphone for the bargain price of just \$1.99.

Users have the option to craft their own customized sweet-nothings or select from a pre-programmed list of grammatically incorrect and cringe-worthy greetings such as "Hi darl, how did you go today?" and "Hey babe, what's doing with you today?'

I'm sorry, but are we to assume that the modern man is

so incredibly inept at multitasking that he can't remem-

bumping and beer-chugging to show some affection to-

ber to take 10 seconds out of his bro-filled day of fist-



Jessica Napier

metronews.ca

wards the person he is romantically interested in? Seriously?

Presumably a "girlfriend" is someone with whom you'd like to cultivate a meaningful emotional and physical relationship. If this is a woman you'd like to share your life with, go to dinner with and have sex with, shouldn't you at least have the decency to communicate with her directly rather than relying on some sort of digital proxy to do it for you?

Furthermore, do the tech wizards over at BroApp presume the girlfriends of the world are so insecure that they just can't bear to go more than 24 hours without hearing from their man?

Spoiler alert, guys: Women aren't just sitting around brushing our hair and waiting for you to finish hanging out with your buddies so you can lavish us with attention. We actually have a lot of stuff going on: jobs to do, people

to see, Pilates classes to attend and Netflix shows to bingewatch. Sure it'd be nice to receive a sweet text message from you during the day, but we're not desperately clutching our phones and waiting with bated breath for you to grace us with a lacklustre "Sup?"

There's no faking sincere dialogue and there's a good chance your girlfriend is going to be able to tell the difference between a hand-crafted message from her human boyfriend and BroApp's impersonal scripted greetings.

Checking in with your significant other isn't an annoying chore to contract out to a computerized mobile wingman. So if you're actually considering taking the time to download this app and hand-pick your preferred lazy-boyfriend messages, then for goodness' sake just pick up the phone and have an actual conversation.

Or better yet, use that \$1.99 to take your lady friend out for a cup of coffee and engage in some oldfashioned face-to-face communication.

Follow Jessica Napier on Twitter @MetroSheSays



ISTOCKIMAGES

ZOOM

Anyone want to retweet this?



Lemur gets into selfie craze

It certainly seems that 2014 is set to be the year of the selfie, as this lemur poses for a cheeky picture at the London zoo. Bekily, a 12-year-old, ring-tailed lemur, was clearly out to take the Twitter crown for most retweets from Ellen DeGeneres, who posted the star-studded Oscars selfie. **METRO**

'He grabbed the camera lens'

"We're always taking quick pics of the animals we look after as with workmates this is cute – but Bekily definitely wanted to get in on the action himself this time," says keeper Tegan McPhail. He adds: "As I was snapping away, he grabbed the camera lens and pulled it towards his own face." METRO

Other selfie moments

Barack Obama. The U.S. president caused controversy following his selfie with British PM David Cameron and Danish PM Helle Thorning-Schmidt at the Nelson Mandela memorial service.

Kim Kardashian. The star

showed she was back to her booty-shaking best after giving birth to North West in June.

David Cameron. The prime minister was mocked for his "serious selfie" that pictured him on the phone to Barack Obama.

Clickbait



Love doing your nails but hate painting on a colour only to regret it? On top of wasting time, it can also be a pricey habit, with professional manicures running upwards of \$30. Here are some free apps for beauty buffs to have a virtual manicure before shelling out the big bucks at a salon.

Nail Maker: Virtual Manicure:

This app is like a real nail salon, where you can clip, buff, polish and decorate your nails virtually. You start with choosing your skin tone, and then start playing with different colours, gems and art pens. Once you're done, clean up with polish remover and start

Virtual Nail Salon by

Try on real-life nail polish colours, patterns and rings with this app. You can even create a customized nail nolish pattern by uploading a photo

@metropicks asked: .@strombo will host @hockevnight next season. What is your first reaction? #HNIC #HNICstrombo

@AllanSorensen: don't care what broadcaster absorbs @strombo, so long as it puts an end to one of the most shameful episodes in CBC hist-

@KeightyEm: Just when you weren't sure it was possible... hockey got sexi-

@Smugshot: would have preferred Rick the temp

@policyfrog: I like Strombo just fine,

but I'm still going to wince the first time he ironically wears a powder blue sport coat on air.

@Mel_Brown: I'm thrilled if it means Don Cherry is gone!:)

@Glenn_A_Johnson: As a former journo and broadcaster, I admire his invu skills. He will bring a touch of hip.

@MyNewsStop: Its great! Strombs is pure Canadian & a sincere personality. He is a great fit #HNICstrombo

@laneyj19: Ppl should start learning how to spell and pronouce his name

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VE WANT TO HEAR FROM YOU: end us your comments: calgaryletters@metronews.ca



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Inside Llewyn Davis

Directors. Joel Coen, Ethan

Stars. Oscar Isaac, Carey Mulligan, John Goodman

The Coen Bros.' uncanny evocation of the 1961 New York City folk music scene, starring Oscar Isaac as a striving troubadour, makes for a wistful, wryly humorous and unforgettable film. The whims of fate and vagaries of artistic success have never been so clearly defined, or so musically.

Isaac is the title folkie, loosely based on the late Dave Van Ronk, who doesn't know a hurricane named Bob Dylan is about to shake up not only his narcissistic existence but also the entire music scene.

Actor/singer Isaac gets fine support from Carey Mulligan as a woman wronged, Justin Timberlake, Adam Driver and Stark Sands as fellow folkies/rivals, John Goodman and F. Murray Abraham as splashes of cold water to half-lidded eyes, and a persistent tabby that is one cool cat.

It was my pick for the best film of 2013. And there's a great soundtrack, produced by T Bone Burnett. Extras include a making-of featurette and the feature-length concert film Another Day, Another Time: Celebrating the Music of Inside Llewyn Davis.

PETER HOWELL

YA has got it Half Bad and that's good for new author

Working its magic.

Debut novel that bucks futuristic dystopian trend casts potent spell

LAURENCE

Before its release last week, Sally Green's book Half Bad had already been sold in 45 countries, turned into a trilogy and optioned for a movie being produced by Karen Rosenfelt, who was responsible for Twilight, The Book Thief and Percy Jackson: Sea of Monsters. Oh, and it's her first book.

If you're already com-pletely over The Hunger Games and need something to hold you over until Divergent hits theatres, this is it.

Half Bad is about a 16-year-old boy named Nathan who lives in a cage and is being trained to kill. Living among humans are witches - some purely good and some horrendously evil - with Nathan's father being the worst of the worst. To survive, Nathan needs to escape his keepers, find his father and receive three gifts that will bring him his own magical powers.

Bucking the trend of YA novels set in a futuristic dystopian time, Half Bad is set in modern-day England. "The book is (dystopian) in a way, but to be honest I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16," Green tells us. "It

didn't need."

Interestingly, Green began writing she had a very different novel in mind: "Initially, it was a completely different story about a girl who didn't know she was a witch." She did, however, always plan on writing a trilogy. "My original idea was for the White Witches to be assumed good and Black Witches assumed to be bad.

that," Green reveals.

although she has two dream

wasn't in my mind about what the market needed or

"Originally, I had Nathan living in a White Witch world in book one and you would think the White Witches were going to be good. When you move to book two, the Black Witch world, you see the witches in an entirely new way. And then the third book would tie it all together. But actually, it didn't work out like

As far as the movie goes, Green guesses the cast will be mostly unknown actors,



people in mind: "To play Marcus, I would love George Clooney, but it would be the mean George Clooney, like in From Dusk Till Dawn. And Gabriel, the Black Witch that appears in the end of the book, is definitely Aidan Turner, who was in the latest Hobbit movies. He's gorgeous," she says.

Green is at work on the second book, which she says is much more daunting than

writing the first. "I didn't even know the first one was going to be published. I was writing it mainly for myself,' she says. "Now I have a deadline and an audience that I have to keep happy. The blank page in the beginning (for the second book) was a bit nerve-wracking. I was in a bit of a panic to get the first words down," she says. "After the first 10,000 words, then I relaxed into it.'

Set in modern-day England

"I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16."

Sally Green, author of Half Bad



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metronews.ca Tuesday, March 11, 2014 metr⊕ 18 DISH



Is the Golf Channel ready for Johnny and Tara?

was watching, and there's a

brilliance to being a bit naive to what's going on," he says.

fabulous duo have no plans

to slow down now. The two

did Oscars coverage for NBC

and hope to be commentators

years from now ("We'll have to

see," Lipinski says). They're also

ready and willing to offer their

We have an opinion about

insight on other matters.

everything," Weir says. "De-

spite being figure skaters and

knowing what we're talking

about specifically, we've got

opinions on a lot. So show us

VMAs. Show us Golf Channel.

Show us the Kentucky Derby

at the Winter Olympics four

And figure skating's most

"It's very liberating."

With their sassy, on-point figure skating commentary, droolworthy couture and adorable Instagram posts (they love to spoon!), Johnny Weir and Tara Lipinski took the Olympics by storm — again.

"I think we were both happily surprised (by the attention)," Lipinski told Metro at a kickoff for the Paralympic Winter Games in New York City. "We were the rookies and we had to prove ourselves, so it was really nice to come home and see the reception that we got." The pros were "in a bubble" during their time in Sochi, Weir says, so they didn't really know about the positive reaction to their work until they returned home.

'We didn't think anyone

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Moss reveals her marriage to Portlandia star Fred Armisen was 'traumatic'

HEALY

ld News in Boston

Mad Men star Elisabeth Moss, 31, really, really, really (and we mean "really") wasn't a fan of her eight-month marriage to Portlandia star Fred Armisen, 47.

"Looking back, I feel like I was really young, and at the time I didn't think that I was that young," Moss said of her relationship with Armisen in her new cover story with New York Magazine. The two



divorced each other in 2010. "It was extremely traumatic and awful and horrible,' she noted. Add that to the time she said this about Armisen last year — "One of the greatest things I heard someone say about him is, 'He's so great at doing impersonations. But the greatest impersonation he does is that of a normal person" — and, well, we don't have to ask her what she really thinks about the whole affair. At least we hope the wedding presents were cool?



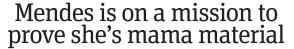
Full of the joys of Spring. Chickens, parrot, dogs and alpacas fed. Lap top open and espresso on

@ActuallyNPH

Took the kids to their first Broadway show today: the Lion King. Mine was 25 years ago: Les Miserables. It's the circle of life...



I just made and deleted a not so great molestation joke. Sorry guys. I am really sleepy.



Eva Mendes is reportedly working hard to convince boyfriend Ryan Gosling that it's time to start a family, according to Radar Online. "Eva is spending a lot of time with January and her two-year-old son, Xander," a source says of Mad Men star January Jones. "She's going overboard with her supportive relationship with January, who has her hands full as a young mother at the moment. Eva



seems obsessed with proving to Ryan that she's ready to start a family.



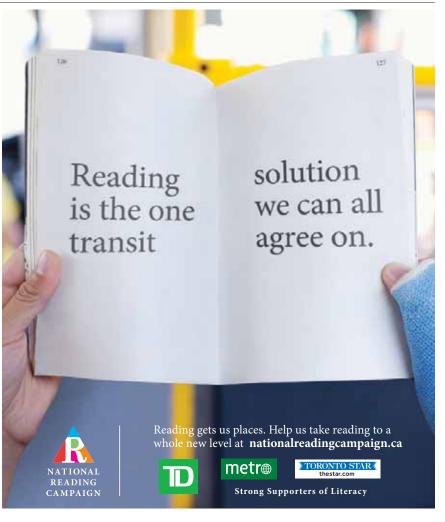
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MIND THE Kris Abel @RealKrisAbel

Avoiding caffeine in the evening can lead to a better sleep at night.

This informative tracker covers all caffeine-related foods to help you work out an ideal cut-off time.





Elisha has been feeling a little bored with her exercise program, but is that going to keep her from moving more? Visit metronews.ca/ voices/half-off to find out.

The secret life of cheap and nutritious meals

The biggest backlash Christy Brissette, registered dietitian with Dietitians of Canada, hears is that it is too expensive to eat healthy. She set off on a treasure hunt through the grocery store to prove that a family of four can eat three full, healthy meals for under \$40. For more ideas, visit cookspiration.com

THERESA ALBERT myfriendinfood.com

Breakfast: Oats

- · Oats are high in soluble fibre, which helps to lower bad cholesterol, keeping your blood sugar more stable.
- Best Breakfast: Power Oats. Cook 1/2 cup oats with 1 cup of milk or alternative, add grated apple, 2 tablespoons of peanut butter and 2 tablespoons of raisins.



Lunch: Frozen cauliflower

- This year's hottest vegetable, cauliflower, may help reduce cancer risk,
- Cleaned, chopped and flash frozen, it is as simple as it is nourishing.
- Quick lunch tip: Greek Pasta Salad with Chicken and Cauliflower. Boil whole wheat pasta and add a handful of cauliflower for the final 2 minutes. Then drain and stir in shredded, roasted rotisserie chicken breast.

Dinner: Dry bean mix

- · Beans are high in fibre and a good source of vegetarian protein. They contain magnesium, which can help lower blood pressure.
- Dashing Dinner: Slow cooker chili. Sauté onion in slow cooker on high. Add pre-cooked dried beans, canned tomatoes, frozen corn, green pepper, mushrooms and chili powder; cook on low for 8 hours. Hollow out rolls and use as bread bowls. Grate cheese and sprinkle.



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- Apples (37 cents/serv-
- ing) = \$1.47
 Milk or milk alternative
- (50 cents/serving) = \$2 • Peanut butter (20 cents/ serving) = 80 cents
- Raisins (13 cents/serving) = 52 cents

Lunch: Greek Pasta Salad

- \$21.23 (with chicken) • Whole wheat or brown rice rotini (30 cents/serv-
- ing) = \$1.20 Chicken breast (\$2.80/ serving) = \$11.20 Grape tomatoes (61
- cents/serving) = \$2.47 • Frozen cauliflower (22
- cents/serving) = 88 cents • Feta cheese (\$1.37/serving) = \$5.48

Dinner. Bean Chili \$15.76

- Dry mixed beans (19 cents/serving) = 76 cents
- Canned tomatoes (32 cents/serving) = \$1.28
- Frozen corn (22 cents/
- serving) = 88 cents
 Onion (15 cents/serving)
- = 60 cents
- Green bell pepper (80 cents/serving) = \$3.20
 • Mushrooms (50 cents/
- serving) = \$2
- Whole grain roll (57 cents/serving) =\$2.28
- Cheddar cheese (74 cents/serving) = \$2.96

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t f p







Study

Happy thoughts lead to better food choices

Call it the happy meal diet.
A study conducted by
Cornell University has
found that a person's mood
affects what kind and
how much food a person
consumes. The study was
the subject of a paper called
Better Moods for Better Eating?: How Mood Influences
Food Choice, which was
published in the Journal of
Consumer Psychology.

"People use food to either maintain a good mood or regain a good mood," said Brian Wansink, a professor at Cornell and co-author of the paper in a release. If you're already in a good mood, you tend to eat more healthfully than if you're in a bad mood."

"Understanding why we make bad food choices in bad moods can help us make better choices," said Meryl P. Gardner, co-author and associate professor at the University of Delaware.

The authors suggest that people in a bad mood may have clouded vision, and may not realize what damage they are doing in the long haul when they overindulge on a given day.

"The takeaway of this study is you can change your mood and eat better. Before a snack or meal, think of something that makes you happy or grateful, and you'll eat less and better" said Wansink. ROBERT CRISCOLA, METRO WORLD NEWS IN NEW YORK CITY

'Pull your sweet tooth' and lose weight with chocolate

MAX PRINZ

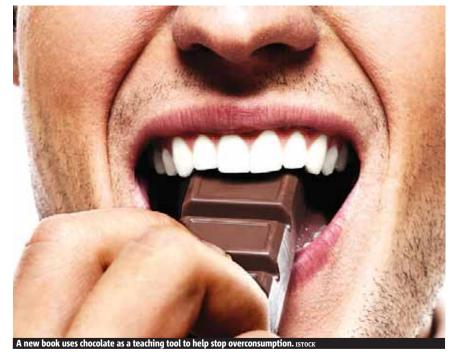
Metro World News in New York City

Dr. Will Clower's new book, Eat Chocolate, Lose Weight, claims you can reduce food cravings and learn better eating habits by incorporating a surprisingly healthy food: chocolate.

"Chocolate does a lot of good things for you," Clower says. "I have people eat the chocolate in association with meals. What I've seen is that, when it's applied this way, the overconsumption at the plate is reduced by about half."

The method uses chocolate as a teaching tool to help stop overconsumption. Eating chocolate the right way, as Clower describes, can lead to big diet changes. "The point is when you eat your chocolate to take your time, to let it sit on your tongue, to — and this sounds crazy — actually taste your food," Clower says. "It turns out that when you do that you get something called sensory specific satiety."

That result is a key part of ending overeating at meals. In addition, the chocolate aids in reducing cravings for foods high in sugar using a process Clower calls "pulling your sweet tooth." How is this done? It starts with something Clower calls the Horizontal Taste Test, which



helps in adapting one's taste buds to darker chocolates, which have less sugar and more healthy antioxidants. The more cocoa in your chocolate, the better it is for you.

"Americans eat 140 pounds of sugar per person per year," Clower says. "That issue is a massive driver of health problems. So it becomes very important when you're eating your chocolate

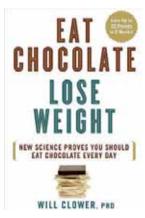
to use the chocolate to pull your sweet tooth."

Once your sweet tooth is gone, it becomes dramatically easier to make healthier decisions when it comes to eating. "When you pull your sweet tooth and adapt your taste in a direction of darker chocolate, what you find is you just don't have a craving anymore for 140 pounds of sugar," Dr. Clower says. "The

things that [people] used to like become too sweet. And when that happens [people] don't want them anymore."

The benefits of chocolate aren't limited to weight loss. High-cocoa chocolate aids many other areas of a healthy lifestyle.

"[Åntioxidants] can help to grow the vasculature within muscles," Clower says. "In other words, the little capil-



laries, little blood vessels, can grow into your muscles." This, in turn, can increase the amount of energy you have throughout the day, your time until exhaustion and your metabolic rate.

"The cascade from the physiological substructural effects all the way up into your life is huge," Clower says. "If you have more energy through the day you're more likely to move, you're more likely to be active. You're less likely to blow off your exercise routine."

The book also contains several different recipes to help beginners get cooking with cocoa. Clower is particularly partial to the book's chili, pecan brownies and dry rub for pork. It turns out you can have your chocolate and eat it too.

Probiotics to the mental rescue



BEST HEALTH MINUTE Bonnie Munday Editor-in-chief Best Health Magazin

Probiotics — they truly can help you be happy, healthy and slim. In the March-April issue of Best Health magazine, Melissa Greer writes about some of the incredible benefits of probiotics, "the friendly bacteria."

They are widely known to maintain a healthy digestive system. They also boost immunity and many health-care practitioners recommend you have them daily.

Now, researchers think some probiotics can also

improve mental health—and they have even come up with a new term for them: Psychobiotics.

That's because they could produce a health benefit in patients suffering from psychiatric illness, specifically depression or other stress-related disorders.

According to Alan C.
Logan, a Connecticut-based
naturopathic doctor and
co-author of Your Brain
on Nature, probiotics help
to balance gut microbiota
— the bacteria inside our
stomach.

"These bacteria do a lot but, most importantly, they protect the gut lining," he says

An imbalance of gut

microbiota (due to psychological stress or a high-fat, high-sugar diet, for example) can lead to intestinal permeability.

Why is that a bad thing? Because it means parts of the bacteria could pass through the gut lining and into your bloodstream, leading to low-grade inflammation. And that has been connected with obesity, disease — and mental health problems.

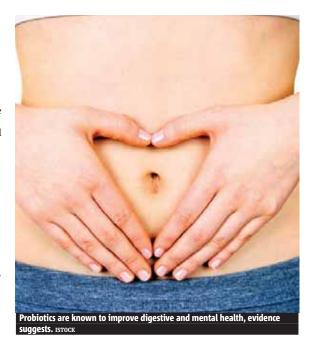
The beneficial probiotic strains, and those that are typically found in foods, are members of the lactobacillus and bifidobacterium families, says Logan.

A 2011 study monitored adults who were given either a probiotic product

that included lactobacillus and bifidobacteria, or a placebo, every day at breakfast for 30 days. Those who consumed probiotics were found to have lowered stress and anxiety.

It may be unrealistic to expect that probiotics will replace medications in the treatment of depression. But the message for now is that probiotics not only help you avoid obesity and disease—in Logan's opinion, "although more research is needed, probiotics taken in conjunction with a healthy diet and exercise may benefit mental health."

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THE HEART OF THE MATTER

YOUR CHOLESTEROL: BY THE NUMBERS

What's your cholesterol IQ?

You should know your cholesterol level if you're a man older than 40, a postmenopausal woman, you are overweight, smoke, have diabetes, or if heart disease runs in your family.

Cholesterol, a type of fat made in the liver, is also present in some of the foods you eat. Your body uses cholesterol to build cells, aid in digestion, and produce hormones. But too much of the bad cholesterol LDL (low density lipoprotein) can build up in artery walls over time, forming a plaque. This plaque buildup can block the flow of oxygen-rich blood to your heart and brain, raising risks for a heart attack or stroke.

Canadian doctors like to get LDL cholesterol levels down to 2 millimoles per litre (mmol/L), but a worrisome number of Canadians don't meet that target. In fact, according to Statistics Canada, about 40 per cent of Canadians aged 40 to 59 have

high LDL levels.

Middle-aged men should be regularly screened as should older women. According to Canadian practice guidelines, anyone with an LDL of 5 mmol/L or greater, as well as those who have already had a heart attack or stroke, or diabetics 40 years old and older, are typically prescribed a cholesterol lowering drug called a statin.

If you aren't in one of these high-risk categories, and your levels aren't checked, you may not even know you have high cholesterol because there are few symp-

The good news is that along with elevated blood pressure, cholesterol is a modifiable risk factor for heart disease, so you can take steps to control your levels. A common strategy is to follow a low-fat diet; you might also consider adding a daily dose of Metamucil — in powder or capsule form — which has been proven to lower mildly to moderately elevated



cholesterol levels when accompanied by a low-fat diet.

Other tips include avoiding foods high in saturated and trans fats, choosing foods such as nuts, seeds and beans containing plant sterols that help control blood cholesterol, taking up physical activities, and being smoke-free.

HOW TO TAME YOUR TUMMY TROUB

Do you have a gassy gut? A tender tummy? Or a bloated belly?

If so, you aren't alone. About 80 per cent of the population sometimes gets bloated, suffers from excess gas or wind, or has altered bowel habits, according to Dr. Richard Hunt, professor, emeritus, McMaster University, Hamilton, and founder and vice-president, Canadian Digestive Health Foundation.

The symptoms could be a sign of a potentially serious disorder such as irritable bowel syndrome (IBS), but, more likely, it's your gut telling you to change your diet.

Here are some

easy-to-follow tips to ease the discomfort. • Drink lots of water, while cutting down on alcoholic, caffeinated and sugar-rich beverages.

> · Watch your fat intake. Stick to fish or low-fat meats like chicken or turkey or lean cuts of beef. Avoid fried foods and those containing trans fats

• Boost your fibre intake. You can get plenty from the No. 1 doctor recommended fibre brand Metamucil

(Source: Health Care Analytics, 2012); it promotes digestive health by relieving irregularity.

• Choose the right carbs.

Choose easily digestible carbohydrates such as potatoes, rice and bananas, and limit more difficult-to-digest carbs like beans, broccoli and cabbage.

• Experiment with probiotics. In the natural health product Align, probiotics provide live bacteria that form part of the natural healthy intestinal flora. This can help to relieve symptoms of IBS such as abdominal discomfort, gas and bloating. Align has 10 years of research behind it and is the No. 1 gastroenterologist recommended probiotic in the U.S., among gastroenterologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 survey.

- Eat smaller, more frequent meals. Also avoid large meals, especially right before
- · Limit sodium, sugar and artificial sweeteners. Your tummy — and your heart will thank you.

There are other lifestyle habits you could adopt, including being active, achieving a healthy body weight, being smoke-free, and controlling stressors in your life.

> These products may not be right for you. Always read and follow the label.

DOUBLE WHAMMY

For a healthy heart and a stable stomach, try these top four strat-

- Eat well. Aim for a low-fat diet with lots of easily digestible fruits and vegetables plus whole grains.
- Consume more fibre. Fibre, especially the soluble type, can help lower cholesterol levels. Adults older than 18 years old should aim to get at least 21-38 grams of total dietary fibre every day. For a quick fibre boost, dissolve a dose of your your morning juice or smoothie.
- Get active. For adults 18-64 years old, experts recommend at least 150 minutes of moderate to vigorous aerobic exercise every week, in bouts of 10 minutes or more.
- Stop smoking. Smoking increases LDL blood cholesterol and the habit is unhealthy to just about every other part of the body.

Health Solutions

Evaporated Milk? You bet!



NUTRI-BITES Theresa Albert DHN, RNCP myfriendinfood.com

OK, maybe I am a survivalist preparing for the zombie apocalypse. So what if I still have my Y2K water stored in the basement? You have to have a just-in-case plan!

If it is only one more blimey weeknight meal you need to survive, I have got you covered — evaporated milk. Yup.

This stuff is shelf stable for years, can be used in baking when mixed half and half with water, and it replaces milk in any recipe.

Use it for that fussy friend who only likes cream in his coffee if you are a skim milk kind of keeper. It can also go the other way and make a savoury cream sauce for pasta or to top vegetables.

Still fortified with vitamin D, it has twice the calcium and protein as regular milk but is less expensive and less perishable.

Honestly, you can't really go wrong having a couple of cans on hand. Just be sure you aren't picking up a can of sweetened condensed milk because that is also made by heating and evaporating milk but it is also laden with sugar.

We can debate the "go dairy free, everyone's allergic to it" concept and the "calcium isn't absorbable from dairy" idea later. For now, you have to make something for dinner and have very little going on in the fridge and with inspiration. Melt one tablespoon butter, whisk in one tablespoon flour, add a can of creamy magic and season if and as you wish. Just don't boil it! Únlike cream, it can't take the heat. THERESA ALBERT IS A FOOD COMMUNI-CATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO, SHE IS @

THERESAALBERT ON TWITTER AND

FOUND DAILY AT MYFRIENDINFOOD.

Spaghetti Squash 'Alfredo': Creamy and healthy comfort

THERESA ALBERT

myfriendinfood.coi

You know you love pasta with cream sauce — everyone does. But the carbs and calories, oye!

This quick dish gives you that deep, warm, creamy pleasure without all the guilt. It comes together in a snap.

Evaporated milk delivers twice the calcium and protein of the same amount of whole milk. It is creamy but much lower in fat and calories. You can't lose with this quick weeknight vegetarian meal.

Ingredient

- 1 small spaghetti squash
- 1 tbsp butter
- 8 oz sliced mushroom
- 1 1/2 tbsp flour • 1 clove garlic, minced
- 1 can evaporated milk
- 1 tsp freshly ground black pepper
- salt, to taste
- pinch dried chili flakes
- 1/4 cup grated Parmesan cheese



If you don't have the spaghetti squash, just make pasta and call it a day.

- 1. Pierce squash with a fork and place in microwave on a plate. Cook for 15-18 minutes until quite soft. When cooked, slice open to let steam escape.
- **2.** Meanwhile, heat a large skillet; add 1 tsp of butter and

quickly brown mushrooms over high heat, set aside.

- **3.** In same skillet, turn heat to medium, melt rest of butter and whisk in flour, stirring until bubbles and starts to brown.
- **4.** Stir in garlic and cook for 30 seconds and then whisk in evaporated milk. Whisk until it thickens 2-4 minutes over

medium-high heat. Do not boil!

5. Scoop out seeds from squash and discard. Pull fibres with a fork and stir into creamy sauce. Add pepper, salt and chili flakes, top with cheese. There esa albert is a food communications specialist and toronto personal nutritionist. She is @theresaalbert on twitter and found daily at my-friendinfood.com

Pass the chickpeas and pasta

This large vegetarian salad, featuring chickpeas (also known as garbanzo beans), would be great on its own for lunch or as a side dish for dinner. The recipe is easily cut in half.

1. In a

large

bowl, combine pasta, chickpeas, celery, carrots, red peppers, green onions and feta. Toss lightly to mix well. Add dressing and toss to coat well. (Make ahead: Pasta



everywhere.

ombine pasta, chicklery, carrots, red pepeen onions and feta.

Nutritional info

149 calories; 5 g protein; 2 g fat (1 g saturated fat); 3 mg chol-

esterol; 27 g carbohydrates; 4 g fibre; 227 mg sodium

Inaredients

- 1 l (4 cups) cooked corkscrew pasta, drained and cooled
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 375 ml (1 1/2 cups) chopped celery
- 375 ml (1 1/2 cups) shredded

carrots

- 2 sweet red peppers, chopped
- ullet 4 green onions, finely chopped
- 50 ml (1/4 cup) crumbled feta cheese
- 75 ml (1/3 cup) light Greek salad dressing



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REDUCE YOUR RISK OF VIRUS EXPOSURE

FLU SHOT, WASHING HANDS CAN HELP **PREVENT ILLNESS**

From lost wages to lost sleep, when a cold or flu strikes, it can interrupt every part of your family's life. Luckily, there are some simple, yet highly effective ways to reduce your risk of exposure. Here are a few things to consider as you fight off cold and flu season.

NO ANTIBIOTICS

According to the Centers for Disease Control and Prevention (CDC) in the United States, antibiotics are not effective in treating cold and flu symptoms. The reason is simple: Antibiotics are used to kill bacteria, not the viruses responsible for colds, the flu, and bronchitis.

In fact, the CDC warns that taking antibiotics unnecessarily can lead to dangerous antibiotic-resistant strains of bacteria. However, studies show that preventive flu vaccines — specifically flu



shots — can be 70 to 90 per cent effective in healthy people younger than the age

MAINTAIN HEALTHY COLD AND FLU SEASON HYGIENE

Wash your hands. You have likely read this over and over, but that's because you should be doing it over and over. Washing your hands several times a day is the best way to reduce the risk of picking up a cold or flu virus. Alcohol-based hand sanitizers also are highly effective, but a thorough washing with good old soap and water should be fine. According to the University of Pennsylvania's office

and sneezes with your hands only ends up spreading the virus. Instead, try one of these sneezing techniques

- Use a disposable tissue.
- Sneeze or cough into the crook of your arm, or if no other place, into your sleeve.
- If you have no better options, direct your cough or sneeze away from people in your vicinity.

GET SOME FRESH AIR **DURING COLD AND FLU SEASON**

According to the American Lung Association, taking time away from dry, climatecontrolled environments is especially important in preventing cold and flu from spreading. Too much time indoors means more exposure to the germs that circulate throughout indoor areas, especially if you have a large family or office.

In addition, heating and air conditioning can dry out your sinuses, making them much more vulnerable to cold and flu viruses. When frigid temperatures keep you indoors, regulate air moisture by using a Vicks® humidifier during the dry winter months.



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To ensure this product is right for you, always read and follow the label. Keep out of reach of children © Procter & Gamble, Inc., 2014. Official Sponsor of the Olympics. 36 USC 220506 24 SPORTS metronews.ca Tuesday, March 11, 2014





Dice roll leads McKeever to gold

Cross-country skiing.

Visually impaired Alberta athlete reaps reward of swapping guides earlier than he had planned to

Brian McKeever decided to take a gamble and the payoff was Canada's first gold medal at the Sochi Paralympics.

The cross-country skier won the men's 20-kilometre visually impaired event Monday thanks in part to a risky move at the midway point of the race. The eighttime Paralympic gold medallist — who has been battling a virus since arriving in Russia last week — started with guide Erik Carleton before switching to alternate Graham Nishikawa at the 10-kilometre mark amid sloppy conditions and warm temperatures.

It was a play McKeever had never before attempted in competition.

"Today was great," said McKeever. "It was really tough. Being sick last week made it hard and definitely made us a little nervous. It was huge team effort having

Medal standings

4th

After Monday's competition, Canada was fourth in overall medals with six (1 gold, 2 silver, 3 bronze) while Russia led the tally with 24 (7-10-7).

two guides out there sharing the work. It was definitely needed. They were the ones that got me through today because I couldn't have done that on my own.

"The snow being what it was, it was much faster to be in behind. Those guys were, unfortunately for them,

w o r k i n g pretty damn hard."

The 34-year-old from Canmore, Alta., finished in a time of 52 minutes 37.1 seconds with the help of a plan he devised with his coach and brother Robin.

The idea was for Carleton to guide the first 12 kilometres before giving way to Nishikawa. But when Carleton began to fade earlier than expected, Nishikawa stepped in to finish the job and lead McKeever to a victory of more than a minute over Russia's Stanislav Chokhlaev. THE CANADIAN PRESS

CFL

Argos bid adieu to DT Mitchell

The Toronto Argonauts released all-star defensive tackle Khalif Mitchell on Monday.

The CFL club didn't provide a reason for the move but a league source requesting anonymity said it was to allow Mitchell to pursue NFL opportunities.

THE CANADIAN PRESS

Terry Trafford

T.O. police believe missing OHLer still stateside

Toronto police say there's no indication a 20-year-old Ontario Hockey League player with a Michigan team who's been reported missing has entered Canada.

Police say it's believed Terry Trafford, a centre with the Saginaw Spirit in Saginaw, Mich., may have left the state to return to his hometown of Toronto.

But Toronto Const. Victor Kwong says authorities have no record of Trafford crossing the border.

The team says Trafford was last seen March 4 in Saginaw. THE CANADIAN PRESS

NHL

Stars' Peverley collapses in game

Dallas Stars centre Rich Peverley collapsed on the bench in the middle of a game.

Peverley was later taken to a hospital and the game between the Stars and Columbus Blue Jackets was postponed.

THE CANADIAN PRESS



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Hitmen alumnus fights off Flames at Saddledome

NHL. L.A.'s Jones slays rookie keeper Ortio in team's 8th straight win

Anze Kopitar had a goal and an assist to lead the Los Angeles Kings to a 3-2 win over the Calgary Flames on Monday.

Justin Williams and Trevor Lewis also scored for the Kings (38-22-6), who have reeled off eight straight wins.

Mike Cammalleri and Brian McGrattan scored for the Flames (25-33-7), who lost for just the second time in their past nine games at the Scotiabank Saddledome. Coincidentally, it was the Kings who last beat the Flames at home on Feb. 27.

Playing in his fourth straight game, rookie Calgary goalie Joni Ortio made 20 saves in a losing cause.

Former Calgary Hitmen goalie Martin Jones stopped 24of-26 shots to improve his record in his rookie season to 10-4.

Jones played his entire Western Hockey League career with the Hitmen, guiding them to a league championship and MeOn Monday

3
2
Kings Flames

morial Cup appearance in the 2008-09 season. Never drafted by an NHL team, Jones was invited to L.A.'s training camp in 2008 and subsequently signed a three-year, entry-level contract with the Kings.

With Jonathan Quick out of L.A.'s lineup due to a groin injury earlier this season, Jones was called up by the Kings and promptly won his first eight NHL starts, three of them shutout victories.

Markus Granlund played just 12 seconds early in the first period before taking a hit from L.A. forward Jarret Stoll, forcing him to leave the game with an upper-body injury. Defenceman Tyler Wotherspoon also sustained an upper-body injury in the third period and didn't return. THE CANADIAN PRESS

Around the league

- Penguins 3, Capitals 2. Sidney Crosby had a hand in both early goals as Pittsburgh converted on two of its first three shots Monday night, Chris Kunitz scored twice, and the Penguins beat Alex Ovechkin's struggling Washington Capitals 3-2.
- Radim Vrbata scored the lone shootout goal to lead the Phoenix Coyotes past the Tampa Bay Lightning 4-3 on Monday night. Steven Stamkos was pointless in his third game since returning from a broken right shin.
- Predators 4, Senators 3.
 Seth Jones scored the winner 3:49 into overtime as the Nashville Predators defeated the Ottawa Senators 4-3 Monday night. The Predators snapped a four-game losing streak.



metre 26 SPORTS metronews.ca Tuesday, March 11, 2014

Grapes: I won't be squeezed for changes

Hockey Night In Canada. Don Cherry vows Coach's Corner segment will continue its past formula



Don Cherry made a few things clear on Monday: No one tells him what to do, he'll never change and Hockey Night In Canada should be always aired on the CBC.

Rogers announced Monday that George Stroumboulopoulos will be the new host of Hockey Night in Canada and that Cherry will continue on Coach's Corner with Ron MacLean, who will also have an expanded role hosting the Hometown Hockey Community Celebration on Sunday night.

Sportnet's Daren Millard will host Wednesday Night Hockey and Jeff Marek, also of Sportsnet, will host Thursday Night Hockey and Friday Night Hockey.

While CBC will air HNIC on Saturdays, Rogers maintains control and the profits. Rogers will carry 500 regular-season games across 13 networks and seven platforms, plus the playoffs, including the Stanley Cup Final.

Asked what he thinks of the "new team" he'll be working with, Cherry said he wasn't too sure yet and offered an anecdote about posing for a Rogers photographer, alongside the other hockey media personalities a few minutes earlier.

"It's strange for me to have



Clothes make the man



"Well, my suits and that, to start with. No, I really have no idea. If I did, I'd probably screw it up."

Don Cherry, on why the public likes him.

that photographer say, 'You stand there,' and I look back to Hockey Night in Canada and Ron, and it's like, 'Would you move?' I'm not used to being told what to do," he said. "I'm not about to be told now what to do."

"It does seem strange. It hasn't hit me yet. They said you have to take that picture, I said what picture — it's for Rogers."

One thing Grapes says he does know is Coach's Corner won't change.

"Never," he said. "After all these years I don't know how to change, to tell you the truth"

Grapes said he'd like to see HNIC aired on CBC because of the broadcaster's mandate for nationwide coverage.

Much of the new HNIC has roots in the CBC — the show itself, Stroumboulopoulos and the Rogers VP in charge of the deal, Scott Moore.

Cherry was asked what he thinks that says about the state

of public and private broadcasting in Canada.

"I don't know about that, I'm not that clever," he said. "I know they (Rogers) paid a lot of money for the thing, so it must be doing something right."

Stroumboulopoulos said he'll be hosting from a fan's perspective and facilitating conversations, and won't be offering expert analysis.

"I didn't play the game at the level of champion, so I wouldn't offer the advice of a guy who played NHL hockey," he said. "I couldn't even make a minor team."

Stroumboulopoulos got his start as a sports reporter and he's been a Habs fan since he was five and "the Habs were good — which quickly went away," he said.



NBA. Truth sets Nets free against Raptors in Brooklyn

Deron Williams and Shaun Livingston each scored 18 points and an ailing Paul Pierce hit a three-pointer with 1:14 remaining to lead the Brooklyn Nets to a 101-97 victory over the Atlantic Division-leading Toronto Raptors on Monday night.

Pierce finished with 15 points and Joe Johnson added 14 for the Nets, who won their season-high eighth straight at home. Brooklyn moved three games behind Toronto in the Atlantic.

Kyle Lowry scored 21 points to lead Toronto, which had won nine of its previous 11.

The Nets trailed 94-92 after

On Monday



97

Nets

Raptors

Lowry split the defence in the lane for a lay-up with 2:15 left.

Brooklyn then answered with five straight points as Andray Blatche's reverse lay-up tied the score at 94 and Pierce followed with a three-pointer.

THE ASSOCIATED PRESS

NCAA basketball

Kansas star big man Embiid to miss more time

Kansas centre Joel Embiid is expected to miss the first weekend of the NCAA tournament.

Embiid got a second opinion on his ailing lower back from a specialist in Los Angeles on Monday, and the school says the physician confirmed the original diagnosis of a stress fracture.

The school says Embiid's treatment for the injury makes him "unlikely to play in the first weekend of the NCAA tournament."

A potential top choice in the NBA draft should he choose to declare, Embiid sat out Kansas' final two regularseason games, a home victory against Texas Tech and a road loss against West Virginia. The Jayhawks had already clinched the outright Big 12 title.

THE ASSOCIATED PRESS



M Aries March 21 - April 20

A relationship that has been okay in the past will turn difficult today. There may be no apparent reason why it has suddenly gone sour but don't make an issue of it. Most likely it is just a passing phase.

Taurus April 21 - May 21

Base partnerships, both personal and professional, on mutual respect, because if you try to take liberties with friends, loved ones or work colleagues today you may pay dearly for it.

∐ Gemini May 22 - June 21

This is a good time for creative activities, especially those where some sort of communication is concerned. Make sure you spell out what you are trying to say. Not everyone possesses your brain power.

9 Cancer June 22 - July 23

This can be and should be one of the most productive times of the year. The harder you work at making your dreams come true the quicker you will

Ω Leo July 24 - Aug. 23

reach your goals.

Try not to worry about personal or money problems. The cosmic picture suggests that your state of mind will be much more positive after next weekend's full moon.

W Virgo Aug. 24 - Sept. 23

You will be in a serious mood today as Mercury, your ruler, squares up to Saturn. Things you once believed in will be called into question and so-called "facts" will no longer stand up. It's time to get real.

△ Libra

Sept. 24 - Oct. 23

The past few weeks have been tough and the next 24 hours is likely to bring challenges too, but nothing will happen that you don't have the intelligence and the courage to overcome.

M Scorpio

Oct. 24 - Nov. 22

The message of the stars for you today is that you must not start worrying for no good reason. The challenges that come your way over the next few days will be tough but you are ten times tougher.

才 Sagittarius Nov. 23 - Dec. 21

You are where you are for a reason, so don't start complaining that you would rather be some place else. No matter what occurs over the next 24 hours you can be sure to benefit in the long-term.

り Capricorn

Dec. 22 - Jan. 20 Many of the restrictions you have been labouring under in recently will get worse for a while. A crisis point will be reached for the 16th's full moon after which they will fade.

≫ Aquarius Jan. 21 - Feb. 19

Changes on the work front may not be what you were hoping for but later in the year you will realize they were exactly what you needed, so don't be too negative about

them. You'll move up soon.

H Pisces

Feb. 20 - March 20

Be careful what you agree to over the next 24 hours because the planets warn you don't have all the facts. Don't accept what other people tell you simply because they look good and sound honest. SALLY BROMPTON

Crossword: Canada Across and Down

17

Across

1. Loos 5. "__ the Land" by The Guess Who

10. "Don't take seriously.

14. "Brrr! There's outside."

15. Notes (Literature aids) 16. Sheltered spot

17. Rate 18. Freelancer's work-

place: 2 wds. 20. TVdom's Mike Brady, for one: 2 wds.

22. Pass on 23. 'Ranch' suffix

24. Floral arrangement 25. Singer Bobby

26. Alleyway animal 28. Pussycat Dolls song: 2 wds.

32. "Rock-_-_ Baby" 34. Roughriders home, __Stadium

37. Jay Z's music 38. Coaches' seating on #25-Down: 3 wds. 41. Maritime workers'

orq. 42. Antarctica penguin

43. Preposition Fields (Heavenly abode in Greek

mythology) 46. Gr. behind Bob Hope's legendary shows for soldiers 47. Sun rays letters

48. Music key,

51. Lake: French

54. Humdrum 57. Plant not found in Newfoundland:

62

65

45

2 wds. 59. Muskokas locale in Ontario where Shania Twain played the Deerhurst Resort before hitting it big

61. empty stom-

pany 64. Sell 65. bright colour)

63. Computer com-

ach: 2 wds.

62. To boot

60

63

18

__ green (Really 66. Fix pant legs again 67. Sparkling wine from Italy

Down

1. Oversight 2. Keep of mystery 3. Tom Cochrane & Red Rider song: 2

wds. 4. Li'l requirement 5. Jerk

6. Thugs

40

61

64

8. Clarinetist's prop 9. Paul Anka's

and lengths are measured: 2 wds.

7. Cosmetics brand

Beso (That Kiss!)" 10. How some heights

11. Labour 12. Dance music of

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

- the Caribbean
- 13. -Dokey's lead-in
- 19. An official lan-
- auaae
- 21. Select
- 25. NBC's "The
- 27. Bronze Roman
- money
- 28. Surrealist painter
- Salvador 29. 1800s fashions
- undergarments
- 30. Actress, Melissa
- Joan
- 31. Lhasa (Arf!)
- 32. Songstress,
- India. 33. Church's sounder
- 34. King with a golden touch
- 35. Kitchen†appliance
- 36. Montreal season-
- 39. Foregoes
- 40. Three-toed sloths
- 45. The __ Place
- Hotels
- 46. Card game
- 48. Actor Mr. Lundgren
- 49. Thousand: French
- 50. "Hmmm,___to
- remember...
- 52. Before: French 53. Songstress Ms.
- Lauper
- 54. Comparison word 55. Govern
- 56. " _doing..." (Thereby)
- 57. Tube
- 58. NS part
- 60. Alternate spelling,
- for short

Yesterday's Crossw

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BT BREAKFAST ANDREW SCHULTZ

nd will shane ur WEEKDAYS 5:30 AM

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	6	9	5	7	3	1	4	B
8	7	5	6.	4	1	3	2	9
э	1	4	8	2	0	6	7	5
4	13	6	1	5	7	8	9	2
1	5	7	2	9	0	4	6	1
9	8	2	4	3	0	5	1	7
7	9	1	3	6	5	2	8	4
6	2	3	9	8	4	7	5	1
5	4	8	7	1	2	9	3	6

		2	4		9	8		
	7		2		8		6	
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		3	9	2	6	1		
		9	5	1	7	3		
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	5		6		3		8	
		7	8		5	4		

TODAY

:Ö:

MAX: 6°

:Ö:

WEDNESDAY

:45

MAX: 1

THURSDAY

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